

## Hot Seat Dialogues

### Scenario 1

**You came home late for curfew and didn't call even though you agreed you would.**

**You went to a restaurant with you friends and lost track of time.**

**Your child came home past curfew and didn't call.**

**This specifically goes against your agreement, and you think your child is using again.**

### Scenario 2

**You agreed to pick up a shift a work, but forgot about it and didn't show up.**

**When your boss called, he sounded skeptical and accused you of using again.**

**You're going in to talk to him now and hope you don't lose the job.**

**Your employee agreed to pick up an additional shift at work, but didn't show.**

**The last time this happened, you found out the employee had been at the bar with other staff who were off that day, so you plan to fire them.**

**He/she is coming in to discuss it now.**

**Scenario 3**

**When you were in active addiction, you often hid bottles/drugs around the house in different hiding places.**

**Your partner found one of those items, and is accusing you of falling back into old habits.**

**Your significant other has been out of treatment for a month, and you found a bottle in the house. You also thought you smelled something on his/her breath last week.**

**You feel scared and want to confront them because you made it clear living with you meant no more using.**

**Scenario 4**

**A friend you haven't seen for a while is calling you a nickname from your childhood you never liked.**

**You told them you didn't prefer it, but they called you by that name anyway.**

**You and your friend are going out to eat and you call them by their childhood nickname.**

**They seem very upset for no reason, and it reminds you they have a short temper. This was the whole reason you stopped seeing them so often.**

Scenario 5

**After unsuccessfully trying to make plans with your best friend, you walk out of a coffee shop and run into her with another friend walking in and laughing; usually, unless someone is busy with work or another engagement, the three of you hang out together.**

**This is not the first time this sort of thing happened, and you feel very upset.**

**Your afternoon appointment got postponed, so you decide to head to your favorite coffee shop to catch up on some reading. On your way, you run into a friend who is a bit early for an afternoon shopping date with her mom, so you decide to go get coffee together.**

**On your way in, you run into a third friend, and he/she looks very upset.**

Scenario 6

**Your significant other has had a terrible attitude all week.**

**They have shown no appreciation at all for anything you have done, and now it's affecting your mood.**

**Why can't he/she just show some gratitude?**

**Your significant other has been incredibly needed recently, and is often fishing for compliments and overreacting if you don't say "thank you" for every little thing.**

**You're not sure if you can handle being with someone so emotional.**